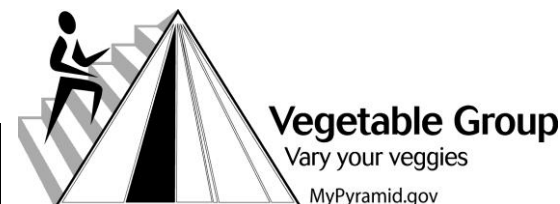


USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

Visit us at www.fns.usda.gov/fdd

A140 – PEAS, GREEN, LOW-SODIUM, CANNED, #10



Nutrition Information

Peas, drained solids

	¼ cup (43 g)	½ cup (85 g)
Calories	29	59
Protein	1.88 g	3.76 g
Carbohydrate	5.35 g	10.69 g
Dietary Fiber	1.7 g	3.5 g
Sugars	1.77 g	3.54 g
Total Fat	0.15 g	0.30 g
Saturated Fat	0.03 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.40 mg	0.81 mg
Calcium	8 mg	17 mg
Sodium	70 mg	140 mg
Magnesium	7 mg	14 mg
Potassium	74 mg	147 mg
Vitamin A	227 IU	453 IU
Vitamin A	11 RAE	23 RAE
Vitamin C	4.1 mg	8.2 mg
Vitamin E	0.01 mg	0.03 mg

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade B or better green peas of the sweet or early variety. This is a low-sodium food (140 milligrams of sodium or less per serving).
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz green peas and liquid. One #10 can AP yields about 68.0 oz (9½ cups) heated, drained peas and provides about 36.7 ¼-cup servings heated, drained peas OR about 10 1/5 cups drained, unheated peas and provides about 42.0 ¼-cup servings drained, unheated peas. CN Crediting: ¼ cup heated, drained green peas OR ¼ cup drained, unheated green peas provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store unopened canned green peas in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened can of green peas covered and labeled in a dated nonmetallic container under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. Use a clean and sanitized can opener. STOCK POT OR STEAM JACKETED KETTLE: Drain off half the liquid in the can. Pour green peas and remaining liquid into a stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

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PREPARATION/ COOKING INSTRUCTIONS (cont'd)	<ul style="list-style-type: none"> STEAMER: Pour green peas and remaining liquid into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve. PLEASE NOTE: STEAMER IS NOT A STEAMTABLE. Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned green peas to serve soon after heating.
USES AND TIPS	<ul style="list-style-type: none"> Serve canned green peas in salads, or heated in soups and main dishes. Serve canned green peas with small new potatoes, pearl onions, and/or turnips. Combine green peas with carrots, dill seed, or with onions and chopped pimento. Add flavor to canned green peas by using herbs and spices such as basil, mint, marjoram, or oregano.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time. Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds. NEVER USE foods from cans that are leaking, bulging, or are badly dented. DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.